THE PRAYER OF EXAMEN

Seeing God’s hand at work each day
What is it?
The prayer of Examen is about taking time every day to help us see God’s hand at work in every aspect of our lives, encouraging a greater sense of his presence, a greater sense of gratitude and seeking his direction for our lives.
is it for me?
This might suit people who are methodical and reflective.
remembering the day
Ask God to help you to see and to understand how his love has been working within you over the last day. Ask him to guide your thoughts.

Begin to remember the last day ... don't try too hard... At first, just scan the day and all that happened.
Thanksgiving
Out of all the day’s experiences, what is the one experience that you feel most grateful for?

Relish that experience and give thanks to God. Is there something that God wants to say to you through that experience?
Sorrow and regret
What is the one experience that you feel the most sorrow or regret for? In the light of God's love and forgiveness - what would you like to say to God and what does God want to say to you?
When were you most and least aware of God?
Think through the events of the day and see when you felt closest to God.
When did you feel love?
When did you give love?
When did you feel alive?
A GIFT FOR THE NEW DAY
Having reviewed the day find a word or a phrase or an image to represent what you'd like to bring as a gift into the new day.

Keep that word or phrase or image in your heart over the next day.
Pray for the grace to move into the new day with love, faith and hope...
for the grace to bring more of what gives us life...
for the grace to continue to recognise God in our daily life...
Timings...
Practically, it’s important to choose a time that works for you: Some people pray the prayer of Examen in the evening, others start their day with it.
Want to go further?
gloucester.anglican.org/your-prayer